



PhotoVoice Picture Compilation

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What is Crazy?



In the picture, there is a poster of Uncle Sam that promotes quitting smoking and taking up vaping instead. It was posted on a liquor store's window. I took a picture of this because as I walked past this sign with my brother in tow, he stopped and laughed at this picture. He said it was "crazy," and pointed it out to me. It made me pause because I know he meant to say that the message was absurd or terrible or outlandish, but instead he used the term "crazy" to describe it. It tells me that we as a society have normalized calling things "crazy" when we just mean that we are not accustomed to seeing something like it. . We perpetuate a stigma that can be very harmful to our community and cause harm in our own lives as well. I took this picture after I explained that to him, and I think I was able to influence the way he thinks about the word "crazy."

Is my community promoting mental health or illness?



This image depicts two muslim college students advocating for mental health and promoting Active Minds (an organization dedicated to mental health awareness and the promotion of mental health). Most of the members of the Active Minds Organization on campus were Muslim women at the time this picture was taken. I chose this picture because it did well to portray what my community is doing in terms of helping students to see that they are not alone and that their peers are ready to help them find the resources they need to heal and grow. This picture also does well to portray the work I do on campus to make sure that people in my community are aware that mental health and wellness is something that Muslim women can seek and obtain as well and that the topic is not as taboo and wrong as it is often made out to be.

How is mental illness stigmatized in my community?

Myth

Mental illness is a result of **weak Iman** and therefore professional mental health help is **useless**.

Stanford MEDICINE Muslim Mental Health & Islamic Psychology Lab

The Prophet's ﷺ Approach:

The Prophet Muhammad ﷺ spoke to children at their age-appropriate levels and **did not invalidate their concerns**.

The Prophet Muhammad ﷺ approached children in distress with **gentleness** and **validation** that both acknowledged and **healed** any negative emotions the child was experiencing.

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These two images show how mental health is stigmatized in the Muslim community. One image shows what is a common myth that has been circulating for a long time in our community about mental health. The other image shows a hadith that challenges that myth and encourages Muslims to seek help when they need it. These are two flyers that I found for a Muslims Mental Health & Islamic psychology organization at Stanford Medicine. I think it depicts perfectly how mental illness is stigmatized as well as how this newer generation of muslims is combating the issue. These images will improve my community by encouraging those who need help to reach out by reminding them their own prophet can acknowledge the importance of mental health.